



Winterlaufserie des ELV 2013

Creuzburg / 24.02.2013

Detailed evaluation

Rosenbaum, Ralf

Club: Triathlon Friedrichroda

Number: 729

Course: 11.30 km

2. Lauf Langdistanz

Category:

Senioren M45 (45-49 Jahre)

Total time: 47:33

Speed: 13.88 km/h

Running performance: 4:13 min/km

Rank in course/Total: 19 (of 80)

Rank in course/Men: 19 (of 64)

Best time in course: 41:21

Rank in category: 4(of 12)

Best time in the category: 43:42